

**proper<sup>®</sup>**

5kg  
slimline glass  
nutrition  
scale

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*In your home since 1920*

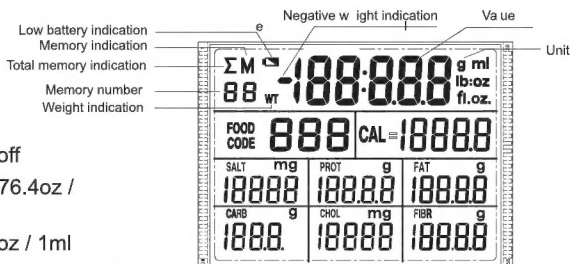
Model 1219

Name: Nutrition Scale

## **Operating Instructions**

# FEATURES AND SPECIFICATIONS

## LCD FULL DISPLAY



Switch on and Auto off

Capacity: 5,000g / 176.4oz /  
11lb 0.4oz / 5000ml

Graduation: 1g / 0.1oz / 1ml

Overload indication: (>5,100g): "Err"

Low battery indication:

Powered supply: 1 x CR2032 lithium battery

## FUNCTION KEYS

**Switch on Button**

Touch '**OFF**' Key

Touch '**Zero**' Key - Also performs  
'Add and Weigh Tare function'

**CLR/MC** - Clear memory touch key

**g/oz** - unit conversion touch key

**M+** - data accumulating touch key

**MR** - Total nutrition ingredient touch key

Numerical touch keys - **0-9**



**Switch on Button**  
(found to the right  
of the arrow on the side  
of the scale)



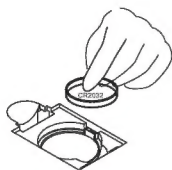
## CHANGING THE BATTERY

When first using, please remove the plastic insulating strip to activate the scale.

To remove the spent battery, use an appropriate tool to help release the battery from the battery compartment.

Always use a new, fresh Lithium battery.

Ensure the +/- terminals are the correct way round when inserting the battery in the compartment.



\*The booklet provides nutritional data for 999 food items, numbered from 001 - 999.

## QUICK START INSTRUCTIONS

*The following sequence will be used to obtain the nutritional values of food*

1. Press the 'ON' button to activate the scale. It is ready for use when 'zeroed'.
2. Select the unit measure by pressing 'g/oz'. If measuring liquids, select either ml or fl oz.
3. If using a container to place the food in, put it on the scale first before turning it on.  
*(Please refer to Page 2 for details on the tare function)*
4. Place the food on the scale: the weight will appear in the display window.
5. Find the corresponding food code at the back of this booklet. Enter the 3 digit number.  
**Note : The booklet lists 999 items only. If your food item has not been specifically coded, please find the item that is closest in content and use its 3 digit number.**
6. The scale will then instantly and simultaneously display the nutritional values of the food weighed.
7. Press 'M+' to save to memory. 'M01' will appear representing the first food measured and saved.
8. Repeat steps 4 - 7 for additional foods ('M02', 'M03', 'M04' etc will appear sequentially with every addition saved).
9. Press 'MR' (Memory recall) to view stored cumulative values of the different foods weighed.
10. To clear all the saved data before commencing a new series of weighing and measuring, turn the scale on again. The scale is in weighing mode (MT is displayed), the food values show '000' and the last 'M' number saved is displayed. Touch the 'CLR/MC' key. 'M' will flash. Touch the 'CLR/MC' key again. The 'M' number disappears confirming that all the data last saved has now been cleared.

## Care for your scale

- Place the scale on a flat, even surface before use.
- Do not dismantle the scale. It does not contain any parts that can be repaired by the user.
- Use the scale only for its intended purpose.
- The scale is not waterproof. Never immerse it in water or place it in a dishwasher.
- To clean the scale, use a mild dishwashing detergent on a damp cloth or sponge to remove spills and residue. Do not use anything abrasive on the glasstop.

# OPERATING THE SCALE

*It is advisable to read through the instructions first before attempting to operate the scale.*

*This product has a soft touch keypad. Do not press too hard. It may influence the reading. Touch the desired button softly with the tip of your finger.*

## Simple Weighing

1. If using a container to place the food in, put it on the scale first before turning it on.
2. Then press the 'ON' button. This is located to the right of the arrow on side of the scale
3. The scale will display all the information segments at 'zero' and 'WT' will appear at the top left corner of the screen. This is an indication that the scale is in weighing mode and ready for use.
4. Select the unit measure by pressing 'g/oz'.
5. Place the item slowly onto the scale.
6. The weight value will be shown.
7. If measuring liquids, select either ml or fl oz. To measure water, begin by pouring the water into your container, checking the display at the same time. Stop when the volume reaches your need
8. If left idle for about 60 seconds the scale will automatically turn itself off. Otherwise, press 'OFF'. This will help preserve battery life.

## Tare Function

Use **'zero'** for this function.

*The function allows the separate weighing of items as each item is added to the scale. No need to empty the bowl or container.*

1. After weighing the first item, press 'zero'.
2. With the first item still on the scale, add the second item. The readout will now show the weight of the second item only. Repeat these steps if you have additional items to weigh. The total combined weight of the items must not exceed the capacity of the scale, which is 5,000g / 176.4oz / 11lb 0.4oz / 5000ml.
3. The total weight of the items on the scale, (including the container or bowl if using one), can be obtained by pressing the **'zero'** button again. Remove all items from the scale. The total weight will be displayed as a negative reading.

*If you use this function, the weight of the container will be omitted thereby providing the nutritional values calculated based only on the weight of the food - not the food AND container. In simple terms, when you put an empty container on the scale and press the 'zero' key, it returns the weight registered on the scale to zero. When you place food in the container, only the food is weighed.*

*Many foods, such as whole apples, may be weighed directly on the scale, so there is no need to set a tare weight. Other foods that are liquid and items such as cottage cheese or apple sauce must obviously be placed in a separate container before being set on the scale. Whenever a separate container or wrapper is used, you must set the tare weight of the empty container first.*

## How to obtain nutritional data

**Note :** *The booklet lists 999 items only. If your food item has not been specifically coded, please find the item that is closest in content and use its 3 digit number.*

1. Weigh the food item first. Refer to Page 2.
2. Then search for the corresponding 3 digit food code from the list at the back of this booklet.
3. Enter the food code using the numerical keypad. For example, the code for Apple pie is 066.
4. The scale will then instantly and simultaneously display the nutritional values of the food weighed. It will identify the Calorie, Salt, Protein, Fat, Carbohydrate, Cholesterol and Fibre content.

## How to save nutritional data and obtain total values

1. Weigh your first food item, then key its corresponding food code to obtain the nutritional values (steps as above)
2. Press to save it.
3. The display will show 'M01' to indicate the *first* saved nutritional data.
4. Before adding the next item, touch the 'CLR/MC' key to clear and 'zero' the display. Add the next item, weigh, enter its food code, then press 'M+' again.
5. The display will show 'M02' to indicate the *second* saved nutritional data.
6. Repeat Steps 1 - 4 for the third item. The display will show 'M03' to indicate the *third* saved nutritional data.
7. The scale allows up to 99 items to be added to memory.
8. To view the accumulated total values of all the foods entered in the one session, press the memory recall key or 'MR'. The scale will display the accumulated amounts of Calorie, Salt, Protein, Fat, Carbohydrate, Cholesterol and Fibre content. The total weight of the items placed on the scale will not be shown.

*Note that the last data saved will not be lost even if the scale turns off.*

## How to recall saved nutritional data

1. Turn the scale on.
2. When in weighing mode (MT is displayed), press the memory recall key or 'MR'.
3. The scale displays the stored cumulative values of the different foods weighed. If 5 items were last saved, then the scale will show 'Σ05' confirming that the values shown relate to those 5 food items. The total weight of the items placed on the scale will not be shown.
4. To return to weighing mode, press 'MR'.

## How to clear saved nutritional data

1. To clear all the saved data before commencing a new series of weighing and measuring, turn the scale on again.
2. The scale is in weighing mode (MT is displayed), the food values show '000' and the last 'M' number saved is displayed. Touch the 'CLR/MC' key. 'M' will flash. Touch the 'CLR/MC' key again. The 'M' number disappears confirming that all the data last saved has now been cleared.



**The booklet lists 999 items only. If your food item has not been specifically coded, please find the item that is closest in content and use its 3 digit number. You must enter 3 digits. Failure to do this will result in an invalid, entry. For eg, the correct code for a Plain Bagel is '001', not '1'.**

## A

303	Acorn squash, baked
159	Alfalfa sprouts, raw
818	Alfredo egg noodles, dry mix
099	All Bran cereal
995	Almonds Nuts
539	Almonds, shelled
623	American cheese, pasteurized process, fat free
622	American cheese, pasteurized process, regular
020	Anchovy Fish, canned in oil
668	Angelfood cake
100	Apple Cinnamon cereal, Cheerios
101	Apple Jacks cereal
973	Apple juice, bottled or canned
975	Apple juice, concentrate, frozen, diluted
974	Apple juice, concentrate, frozen, undiluted
066	Apple pie
987	Apple pie filling
327	Apples, dried
326	Apples, fresh, peeled
325	Apples, fresh, with skin
328	Apples, stewed with added sugar
329	Apples, stewed without added sugar
330	Applesauce, canned, sweetened
331	Applesauce, canned, unsweetened
334	Apricots, canned, halves, juice pack
335	Apricots, dried
332	Apricots, fresh
230	Artichoke, Jerusalem, fresh
160	Artichokes, cooked, drained
336	Asian pears, fresh
051	Asparagus soup, condensed, canned prep. with milk
163	Asparagus, canned, spears, drained
162	Asparagus, frozen, cooked, drained
161	Asparagus, raw, cooked, drained
337	Avocados, fresh, without skin & pit

## B

925	Bacon bits
461	Bacon, pork, Canadian, cured, cooked
460	Bacon, pork, cured, cooked
002	Bagels, cinnamon-raisin
003	Bagels, egg
001	Bagels, plain
977	Baked beans, with franks, canned
086	Baked potato, with cheese, fast food
526	Baking powder, sodium aluminium sulfate
929	Baking soda
164	Bamboo shoots, canned, drained
004	Banana bread, recipe, margarine
087	Banana cream pie, prep. from recipe
260	Banana peppers, fresh
338	Bananas, fresh
180	Bar, chocolate, white
774	Bar, fruit & juice, frozen
758	Bar, Rice Krispies, square
911	Barbecue sauce
005	Barley, cooked
102	Basic 4 cereal
497	Bass, freshwater, cooked, dry heat

498	Bass, sea, cooked, dry heat
166	Bean sprouts cooked, drained
165	Bean sprouts, raw
546	Beans, baked, plain or vegetarian, canned
977	Beans, baked, with franks, canned
540	Beans, black, dry, cooked
541	Beans, Great Northern, dry cooked
175	Beans, green (snap), canned, drained
173	Beans, green (snap), frozen, cooked, drained
171	Beans, green (snap), raw, cooked, drained
542	Beans, kidney, red, dry, cooked
549	Beans, kidney, red, canned
563	Beans, lentils, dry, cooked
170	Beans, lima, baby, frozen, cooked, drained
543	Beans, lima, canned
543	Beans, lima, dry, cooked, large
169	Beans, lima, frozen, cooked, drained
089	Beans, pinto, canned
545	Beans, pinto, dry, cooked
578	Beans, refried, canned
581	Beans, soy, dry, cooked
581	Beans, soy, dry, cooked
551	Beans, white, canned
903	Beef bouillon, dry mix, unprepared
682	Beef broth, bouillon, condensed, prep. w. water
921	Beef gravy, canned
883	Beef noodle soup, condensed, prep. w. water
821	Beef stew, canned
908	Beef stock, home prepared
402	Beef, bottom round, cooked, lean
401	Beef, bottom round, cooked, lean & fat
403	Beef, braised (brisket) or pot roast, lean & fat
404	Beef, braised or pot roast, lean
405	Beef, corned, canned
483	Beef, dried, cured
407	Beef, Eye of round, lean
406	Beef, Eye of round, lean & fat
410	Beef, ground, 73%, grilled
409	Beef, ground, 80%, grilled
408	Beef, ground, 85%, grilled
939	Beef, ground, crumbles, 75%, cooked; pan-browned
937	Beef, ground, crumbles, 80%, cooked, pan-browned
938	Beef, ground, crumbles, 85%, cooked, pan-browned
411	Beef, jerky
412	Beef, liver, fried
414	Beef, rib roast, oven cooked, lean
413	Beef, rib roast, oven cooked, lean & fat
415	Beef, sirloin steak, grilled, lean & fat
420	Beef, steak, porterhouse, grilled, lean
415	Beef, steak, sirloin tip, grilled, lean
416	Beef, steak, sirloin, grilled, lean
418	Beef, steak, T-bone, grilled, lean
419	Beef, steak, tenderloin, grilled; lean
954	Beer, light
953	Beer, regular
179	Beets, canned, drained
181	Beets, green, leaves & stems, cooked, drained
177	Beets, whole or slices, cooked, drained
266	Bell pepper, green or red, cooked, drained
264	Bell pepper, green or red, fresh

340 Berries, black, canned; heavy syrup  
 339 Berries, black, fresh  
 342 Berries, blue, frozen, sweetened  
 006 Biscuits, plain or buttermilk, recipe, 2% milk  
 007 Biscuits, refrigerated dough, baked, regular  
 540 Black beans, dry, cooked  
 547 Black eye peas, dry, cooked  
 167 Black eye peas, raw, cooked, drained  
 168 Black eye peas, frozen, cooked, drained  
 995 Black tea  
 340 Blackberries, canned, heavy syrup  
 339 Blackberries, fresh  
 339 Blackberries, fresh  
 090 Blackberries, frozen  
 597 Blue cheese  
 800 Blue cheese dressing, low fat  
 799 Blue cheese dressing, regular  
 341 Blueberries, fresh  
 342 Blueberries, frozen, sweetened  
 053 Blueberry muffin, commercial  
 067 Blueberry pie  
 972 Blueberry pie filling, canned  
 054 Blueberry, muffin, mix  
 830 Boca burger, frozen  
 476 Bologna, beef  
 477 Bologna, beef and pork  
 478 Bologna, turkey  
 669 Boston Cream Pie  
 903 Bouillon, beef, dry mix, unprepared  
 055 Bran muffin with raisins  
 479 Bratwurst, beef & pork, smoked  
 480 Bratwurst, pork, cooked  
 481 Braunschweiger (liver sausage, pork)  
 552 Brazil nuts, shelled  
 026 Bread crumbs, dry, grated, plain  
 027 Bread crumbs; dry; grated, seasoned  
 023 Bread crumbs, white, soft  
 045 Bread flour  
 121 Bread Sticks  
 028 Bread stuffing, dry mix  
 008 Bread, cracked wheat  
 093 Bread, dinner roll, whole wheat  
 009 Bread, egg  
 010 Bread, French  
 103 Bread, garlic  
 012 Bread, Italian  
 013 Bread, mixed grain  
 014 Bread, oatmeal  
 015 Bread, Pita  
 016 Bread, Pumpkinnickel  
 017 Bread, raisin  
 073 Bread, roll  
 098 Bread, roll, French  
 018 Bread, rye  
 019 Bread, rye, light  
 010 Bread, sour dough  
 010 Bread, Vienna  
 008 Bread; wheat  
 021 Bread, wheat, light  
 022 Bread, white  
 024 Bread, white, light  
 025 Bread, whole wheat  
 029 Breakfast bar, cereal crust, fruit filling, fat free  
 837 Breakfast sandwich, egg & sausage, fast food

148 Brie, cheese  
 403 Brisket, beef, lean & fat  
 185 Broccoli, fresh, cooked, drained  
 186 Broccoli, frozen, drained  
 187 Broccoli, in cheese flavored sauce, frozen  
 183 Broccoli, raw, spear  
 875 Broccoli-cheese soup, condensed, prep. with whole milk  
 882 Broth, beef, condensed, prep. w. water  
 896 Broth, chicken, ready to serve, low fat, low salt  
 763 Brown sugar  
 671 Brownies, commercial, without icing, fat free  
 670 Brownies, commercial, without icing, regular  
 672 Brownies, dry mix, low fat  
 188 Brussel sprouts, frozen, cooked, drained  
 189 Brussel sprouts, fresh, cooked, drained  
 046 Buckwheat flour, whole groat  
 034 Bulgur, cooked  
 074 Buns, hamburger, hotdog  
 841 Burrito, beans & cheese, fast food  
 842 Burrito, beans & meat, fast food  
 709 Butter cookie, commercial  
 782 Butter, salted  
 783 Butter, unsalted  
 649 Buttermilk  
 304 Butternut, frozen, cooked, mashed

## C

193 Cabbage, Napa  
 192 Cabbage, Pak choi or bok choy  
 194 Cabbage, red, raw, shredded  
 195 Cabbage, savoy, raw, shredded  
 191 Cabbage, cooked  
 190 Cabbage, fresh, shredded  
 802 Caesar dressing, low fat  
 801 Caesar dressing, regular  
 047 Cake flour  
 668 Cake, Angelfood  
 676 Cake, chocolate with chocolate frosting  
 677 Cake, coffee  
 673 Cake, dry mix, Angelfood  
 674 Cake, dry mix, yellow, light, water, egg whites, no frosting  
 682 Cake, fruitcake  
 683 Cake, Pound, butter  
 684 Cake, Pound, fat free  
 598 Camembert cheese  
 791 Canola oil  
 367 Cantaloupe Melon, wedge without rind  
 343 Carambola I starfruit, fresh  
 699 Caramel, chocolate flavored roll  
 698 Caramel, plain  
 196 Carrot juice, canned  
 198 Carrots, baby  
 172 Carrots, canned  
 197 Carrots, fresh  
 199 Carrots, fresh, cooked, drained  
 200 Carrots, frozen, cooked, drained  
 555 Cashew nuts, salted, oil roasted  
 554 Cashews, salted, dry roasted  
 499 Catfish, breaded, fried  
 201 Cauliflower, fresh  
 202 Cauliflower, fresh, cooked, drained  
 203 Cauliflower, frozen, cooked, drained

931	Celery seed	599	Cheese, Colby
206	Celery, cooked	600	Cheese, Colby, low fat
204	Celery, fresh	602	Cheese, cottage, creamed with fruit
029	Cereal bar, fruit filling; fat free	601	Cheese, cottage, large or small curd
033	Cereal bar, fruit, Nutri-grain	604	Cheese, cottage, low fat (1%)
141	Cereal Wheaties	603	Cheese, cottage, low fat (2%)
128	Cereal, 100% Natural Cereal, Oats, honey and raisins	605	Cheese, cottage, nonfat
129	Cereal, 100% Natural Cereal, Oats, honey and raisins, low fat	608	Cheese, cream, fat free
099	Cereal, All Bran	607	Cheese, cream, low fat
100	Cereal, Apple Cinnamon Cheerios	606	Cheese, cream, regular
101	Cereal, Apple Jacks	611	Cheese, Edam
102	Cereal, Basic 4	610	Cheese, feta
104	Cereal, Cheerios	597	Cheese, Gorgonzola
105	Cereal, Chex Corn	611	Cheese, Gouda
106	Cereal, Chex Honey Nut	612	Cheese, Monterey
108	Cereal, Chex rice	612	Cheese, Mozzarella, whole milk
109	Cereal, Chex wheat	614	Cheese, Muenster
107	Cereal, Chex, multi bran	615	Cheese, Neufchatel
110	Cereal, Cinnamon Life	616	Cheese, Parmesan
111	Cereal, Cocoa Krispies	174	Cheese, Provolone
112	Cereal, Cocoa Puffs	620	Cheese, romano
113	Cereal, Complete Wheat Bran flakes	609	Cheese, shredded
116	Cereal, Corn Pops	946	Cheese, string
114	Cereal, Cornflakes, General Mills, Total	621	Cheese, Swiss
115	Cereal, Cornflakes, Kellogg's	624	Cheese, Swiss, pasteurized process
117	Cereal, Crispix	846	Cheeseburger, double, regular, 3-piece bun, plain, fast food
118	Cereal, F root Loops	843	Cheeseburger, double, regular, lettuce, tomato, mayo, fast food
119	Cereal, Frosted flakes	845	Cheeseburger, double, regular, plain, fast food
120	Cereal, Frosted Mini Wheats, regular or bite size	848	Cheeseburger, single, large, lettuce, tomato, mayo, fast food
122	Cereal, Golden Grahams	844	Cheeseburger, single, regular, lettuce, tomato, mayo, fast food
127	Cereal, Granola, Nature Valley	847	Cheeseburger, single, regular, plain
123	Cereal, Honey Nut Cheerios	675	Cheesecake
124	Cereal, Honey Nut Clusters	176	Cheesecake, no bake, prep. from mix
125	Cereal, Kix	366	Cherries, maraschino, canned, drained
126	Cereal, Life	344	Cherries, sour, red, pitted, canned, water pack
130	Cereal, Product 19	345	Cherries, sweet, fresh, without pits
131	Cereal, Puffed rice	068	Cherry pie
132	Cereal, Puffed wheat	346	Cherry pie filling, canned
133	Cereal, Raisin Bran, General Mills, Total	310	Cherry tomato
134	Cereal, Raisin Bran, Kellogg's	556	Chestnuts, European, roasted, shelled
135	Cereal, Raisin Nut Bran	746	Chex mix
136	Cereal, Rice Krispies	105	Chex, corn cereal
137	Cereal, Shredded Wheat	106	Chex, Honey Nut cereal
138	Cereal, Special K	107	Chex, multi bran cereal
139	Cereal, Toasted Oatmeal, Quaker, Honey Nut	108	Chex, rice cereal
140	Cereal, Total Whole grain	109	Chex, wheat cereal
996	Chamomile tea	896	Chicken broth, ready to serve, low fat, low salt
209	Chard, Swiss, fresh	849	Chicken fillet (breaded & fried) sandwich, plain, fast food
599	Cheddar cheese	435	Chicken giblets, simmered
876	Cheddar cheese soup, condensed, prep. with whole milk	922	Chicken gravy, canned
600	Cheddar cheese, low fat	884	Chicken noodle soup, condensed, prep. with water
104	Cheerios cereal	906	Chicken noodle soup, dry mix, prep. w. water
725	Cheese cracker	893	Chicken noodle soup, ready to serve, chunky
865	Cheese pizza, fast food	897	Chicken noodle soup, ready to serve, low fat, low salt
912	Cheese sauce, ready to serve	850	Chicken nuggets, boneless (breaded & fried), plain, fast food
623	Cheese, American, pasteurized process, fat free	822	Chicken pot pie, frozen
622	Cheese, American, pasteurized process, regular	867	Chicken salad, no dressing, fast food
597	Cheese, blue	909	Chicken stock, home prepared
148	Cheese, Brie		
598	Cheese, Camembert		
599	Cheese, cheddar		
600	Cheese, cheddar, low fat		



429	Chicken, breast, meat only, fried	735	Chocolate pudding, dry mix, prepared with 2% milk, instant
430	Chicken, breast, meat only, grilled	736	Chocolate pudding, dry mix, prepared with 2% milk, regular, cooked
442	Chicken, canned, meat only, with broth	743	Chocolate pudding, ready to eat, fat free
443	Chicken, Cornish game hens, meat & skin, roasted	739	Chocolate pudding, ready to eat, regular
431	Chicken, dark meat, meat only, fried	868	Chocolate shake, fast food
432	Chicken, dark meat, meat only, roasted	934	Chocolate, baking, unsweetened, liquid
433	Chicken, drumstick, meat & skin, fried, batter	933	Chocolate, baking, unsweetened, solid
434	Chicken, drumstick, meat & skin, fried, flour	180	Chocolate, bar, white
436	Chicken, light meat; meat only, fried	422	Chop, lamb, cooked, lean
437	Chicken, light meat, meat only, roasted	421	Chop, lamb, cooked, lean & fat
444	Chicken, liver, simmered	521	Chop, pork, cooked; roasted
426	Chicken, meat & skin, fried, batter	482	Chorizo, beef & pork
427	Chicken, meat & skin, fried, flour	143	Chow mein noodles, canned
428	Chicken, meat & skin, roasted	899	Chowder, Clam, New England, ready to serve, low fat, low salt
898	Chicken, rice, vegetable soup, ready to serve, low fat, low salt	208	Cilantro, fresh
445	Chicken, Rotisserie, light meat, meat only, roasted	935	Cinnamon
438	Chicken, thigh, meat & skin, fried, batter	110	Cinnamon Life cereal
439	Chicken, thigh, meat & skin, fried, flour	076	Cinnamon roll, refrigerated dough, baked with frosting
894	Chicken, vegetable soup, ready to serve, chunky	075	Cinnamon roll, with raisins, commercial
440	Chicken, wing, meat & skin, fried, batter	964	Citrus soda, with caffeine
441	Chicken, wing, meat & skin, fried, flour	885	Clam chowder soup, Manhattan, condensed, prep. with water
558	Chickpeas; canned	877	Clam chowder soup, New England, condensed, prep. w. whole milk
557	Chickpeas, dry, cooked	899	Clam chowder, New England, ready to serve, low fat, low salt
823	Chili con carne with beans, canned	501	Clam, breaded, fried
851	Chili con carne, fast food	502	Clam, canned, drained solids
261	Chili pepper, fresh, green or red	945	Clementines
932	Chili powder	111	Cocoa Krispies cereal
178	Chips, baked	936	Cocoa powder, unsweetened
747	Chips, corn, plain	112	Cocoa Puffs cereal
755	Chips, potato, fat free	182	Coconut cream
754	Chips, potato, low fat	560	Coconut, raw, shredded, dried, sweetened
752	Chips, potato, plain, salted	559	Coconut, raw, shredded, not packed
753	Chips, potato, sour cream & onion	503	Cod, baked or broiled
760	Chips, tortilla, baked	677	Coffee cake
762	Chips, tortilla, nacho, low fat	626	Coffee cream
761	Chips, tortilla, nacho, regular	970	Coffee, brewed
759	Chips, tortilla, plain, regular	971	Coffee, espresso
207	Chives, fresh	970	Coffee, instant, prepared
700	Chocolate bar, milk, plain	960	Cola
701	Chocolate bar, milk, with almonds	961	Cola, diet
702	Chocolate bar, milk, with peanuts, Mr. Goodbar	599	Colby cheese
708	Chocolate bar, Special dark, sweet (Hershey)	600	Colby cheese, low fat
676	Chocolate cake with chocolate frosting	803	Coleslaw dressing
711	Chocolate chip cookie, commercial, low fat	852	Coleslaw, fast food
710	Chocolate chip cookie, commercial, regular	210	Coleslaw, home made
712	Chocolate chip cookie, dough refrigerated, commercial	211	Collards, fresh, cooked, drained
700	Chocolate chips, milk	212	Collards, frozen, cooked, drained with 2% milk, instant
704	Chocolate chips, semi sweet	113	Complete Wheat Bran flakes cereal
705	Chocolate chips, white	651	Condensed milk, sweetened, canned with 2% milk, regular, cooked
706	Chocolate coated peanuts	184	Cones, ice cream
707	Chocolate coated raisins	709	Cookie, butter, commercial
719	Chocolate cookie cream filling	711	Cookie, chocolate chip, commercial, low fat
069	Chocolate creme pie	710	Cookie, chocolate chip, commercial, regular
768	Chocolate flavored syrup, fudge type	719	Cookie, chocolate, cream filling
767	Chocolate flavored syrup, thin	713	Cookie, Fig Bar
772	Chocolate frosting, ready to eat	716	Cookie, oatmeal, fat free
639	Chocolate ice cream		
640	Chocolate ice cream, low fat		
655	Chocolate milk, commercial		
657	Chocolate milk, commercial, low fat		
656	Chocolate milk, reduced fat, commercial		
969	Chocolate powder mix		



<b>E</b>		353	Fruit cocktail, canned, juice pack
611	Edam cheese	991	Fruit punch drink
507	Eel, cooked, dry heat	682	Fruitcake
009	Egg bread	<b>G</b>	
818	Egg noodles, alfredo, dry mix	103	Garlic Bread
596	Egg, omelet, plain	225	Garlic, raw
592	Egg, hard boiled, no shell	778	Gelatin, dessert powder & water, low fat
593	Egg, poached with salt	777	Gelatin, dessert powder & water, regular
594	Egg, scrambled, margarine, whole milk, salt	776	Gelato, Italian ice cream, restaurant prepared
595	Egg, substitute, liquid	454	Giblets, turkey, simmered
590	Egg, white, fresh	435	Giblets, chicken, simmered
589	Egg, whole, fresh	955	Gin, rum, shooters, tequila, vodka, whisky (80 proof)
573	Egg, whole, fried	962	Ginger ale
591	Egg, yolk, fresh	227	Ginger root, raw
658	Eggnog	122	Golden Grahams cereal
223	Eggplant, cooked, drained	449	Goose, meat & skin, roasted
262	Enchilada beef with cheese, fast food	450	Goose, meat only, roasted
913	Enchilada sauce, ready to serve	451	Goose, Pate de foie gras (goose liver pate)
224	Endive, curly; Escarole, fresh	597	Gorgonzola cheese
042	English muffin, plain	611	Gouda cheese
653	Evaporated milk, canned, skim milk	726	Graham cracker, plain
652	Evaporated milk, canned, whole milk	727	Graham, crackers, crushed
<b>F</b>		030	Granola bar, hard, plain
228	Fennel, bulb, raw	031	Granola bar, soft, chocolate chip
610	Feta cheese	032	Granola bar, soft, raisin
713	Fig Bar, cookie	127	Granola, Nature Valley cereal
265	Figs, fresh	992	Grape drink
351	Figs, dried	982	Grape juice, canned or bottled
855	Fish (breaded & fried) sandwich, tartar sauce, cheese, fast food	984	Grape juice, concentrate, frozen, sweetened, diluted
508	Fish fillet, battered or breaded and fried	983	Grape juice, concentrate, frozen, sweetened, undiluted
509	Fish stick & portion, breaded, frozen, preheated	226	Grape leaves, canned
910	Fish stock, home prepared	963	Grape soda
510	Flounder or Sole, baked or broiled	979	Grapefruit juice, canned, sweetened
045	Flour, bread	978	Grapefruit juice, canned, unsweetened
046	Flour, buckwheat, whole groat	981	Grapefruit juice, concentrate, frozen, unsweetened, diluted
047	Flour, cake	980	Grapefruit juice, concentrate, frozen, unsweetened, undiluted
048	Flour, corn, masa	976	Grapefruit juice, pink or white, fresh
047	Flour, pastry	356	Grapefruit, canned, light syrup
049	Flour, self rising	354	Grapefruit, fresh without peel, pink or red
267	Flour, wheat whole grain	355	Grapefruit, fresh without peel, white
050	Flour, wheat, all purpose	357	Grapes, seedless, fresh
010	French bread	921	Gravy, beef, canned
805	French dressing, low fat	922	Gravy, chicken, canned
804	French dressing, regular	923	Gravy, mushroom, canned
941	French fried onions	924	Gravy, turkey, canned
856	French fries, fast food	175	Green beans (snap), canned, drained
278	French fries, frozen, oven heated	173	Green beans (snap), frozen, cooked, drained
838	French toast with butter, fast food	171	Green beans (snap), raw, cooked, drained
044	French toast, frozen	258	Green peas, canned, drained
043	French toast, recipe, 2% milk, fried	259	Green peas, frozen, cooked, drained
044	French toaster sticks, frozen	247	Greens, Mustard, cooked, drained
856	Fries, french, fast food	088	Grits, corn, white or yellow
278	Fries, frozen, oven heated	939	Ground beef, crumbles, 75%, cooked, pan-browned
118	Froot Loops cereal	937	Ground beef, crumbles, 80%, cooked; pan-browned
119	Frosted flakes cereal	938	Ground beef, crumbles, 85%, cooked, pan-browned
120	Frosted Mini Wheats cereal, regular or bite size	455	Ground, turkey, cooked
772	Frosting, chocolate, ready to eat	944	Guacamole
773	Frosting, vanilla, ready to eat	688	Gummy bears
774	Frozen fruit bar		
352	Fruit cocktail, canned, heavy syrup		

**H**

511	Haddock, baked or broiled
625	Half and half cream
825	Ham cheese stuffed sandwich, hot pockets, frozen
462	Ham, canned
485	Ham, cooked, extra lean
484	Ham, cooked, regular
464	Ham, cured, lean & fat
463	Ham, fresh, cooked, lean & fat
486	Ham, honey, smoked, cooked
465	Ham, leg, roasted piece, lean & fat
074	Hamburger buns
410	Hamburger, 73%, grilled
409	Hamburger, 80%, grilled
408	Hamburger, 85%, grilled
859	Hamburger, double, large, lettuce, tomato, mayo, fast food
860	Hamburger, single, large, lettuce, tomato, mayo, fast food
857	Hamburger, double, regular, lettuce, tomato, mayo, fast food
858	Hamburger, single, regular, lettuce, tomato, mayo, fast food
689	Hard candy
839	Hash brown potatoes, fast food
279	Hashed browns, frozen
280	Hashed browns, home made
943	Hazelnut spread Nutella
561	Hazelnuts, chopped
229	Hears of palm, canned
996	Herb tea
513	Herring, pickled
779	Honey
123	Honey Nut Cheerios cereal
124	Honey Nut Clusters cereal
368	Honeydew melon, wedge without rind
940	Horseradish, prepared
487	Hot dog / Frankfurter, beef
488	Hot dog / Frankfurter, beef & pork
862	Hot dog, chili, fast food
861	Hot dog, plain, fast food
825	Hot pockets, ham cheese stuffed sandwich, frozen
074	Hotdog buns
562	Hummus, commercial

**I**

184	Ice cream cones
639	Ice cream, chocolate
640	Ice cream, chocolate, low fat
643	Ice cream, soft serve, vanilla
293	Ice Cream, Strawberry
641	Ice cream, vanilla
642	Ice cream, vanilla; low fat
512	Halibut, baked or broiled
853	Ice cream, vanilla, soft serve, cone, fast food
775	Ice pop
765	Icing Sugar
011	Indian fry bread (Naan)
012	Italian bread
807	Italian dressing, low fat
806	Italian dressing, regular
776	Italian ice cream, restaurant prepared
294	Italian salad dressing, fat free

**J**

263	Jalapenos peppers, canned
780	Jams
780	Jellies
690	Jelly beans
411	Jerky, beef
230	Jerusalem artichoke, fresh
952	Jicama, raw
990	Juice cocktail, cranberry
973	Juice, apple, bottled or canned
975	Juice, apple, concentrate, frozen, diluted
974	Juice, apple, concentrate, frozen, undiluted
982	Juice, grape, canned or bottled, undiluted
983	Juice, grape, concentrate, frozen, sweetened, undiluted
984	Juice, grape; concentrate, frozen, sweetened, diluted
979	Juice, grapefruit, canned, sweetened with water
978	Juice, grapefruit, canned, unsweetened
981	Juice, grapefruit, concentrate, frozen, unsweetened, diluted
980	Juice, grapefruit, concentrate, frozen, unsweetened, undiluted
976	Juice, grapefruit, pink or white, fresh
361	Juice, lemon, canned or bottled, unsweetened
360	Juice, lemon, fresh
363	Juice, lime, canned, unsweetened
362	Juice, lime, fresh
985	Juice, orange, all varieties, fresh
986	Juice, orange, canned, unsweetened
989	Juice, orange, diluted
988	Juice, orange, undiluted
386	Juice, pineapple, unsweetened, canned
391	Juice, prune, canned or bottled

**K**

231	Kale, fresh, cooked, drained
232	Kale, frozen, cooked, drained
930	Ketchup
549	Kidney beans, red; canned
542	Kidney beans, red, dry, cooked
479	Kielbasa sausage
358	Kiwi fruit, fresh, without skin
125	Kix cereal
233	Kohlrabi, cooked, drained

**L**

500	Lamb, leg, lean, roasted
422	Lamb, chop, cooked, lean
421	Lamb, chop, cooked, lean & fat
417	Lamb, ground, cooked, grilled
425	Lamb, leg, roasted, lean & fat
423	Lamb, loin, grilled, lean & fat
424	Lamb, loin grilled, lean
493	Lamb, rib, lean, cooked, roasted
784	Lard
826	Lasagna with meat & sauce
827	Lasagna, vegetable
234	Leeks, cooked, drained
361	Lemon juice, canned or bottled, unsweetened
360	Lemon juice; fresh
964	Lemon lime soda
070	Lemon meringue pie
993	Lemonade; concentrate, frozen prepared



993 Lemonade, pink, concentrate, frozen, prepared  
 994 Lemonade, powder, prepared regular with water  
 359 Lemons, fresh, without skin  
 900 Lentil soup, ready to serve, low fat, low salt  
 563 Lentils, dry, cooked  
 235 Lettuce, fresh  
 126 Life cereal  
 170 Lima beans, baby, frozen, cooked, drained  
 543 Lima beans, canned  
 543 Lima beans, dry, cooked, large  
 169 Lima beans, frozen, cooked, drained  
 363 Lime juice, canned, unsweetened  
 362 Lime juice, fresh  
 956 Liqueur (53 proof)  
 412 Liver, beef, fried  
 444 Liver, chicken, simmered  
 514 Lobster, steamed  
 239 Looseleaf lettuce, pieces, shredded  
 238 Looseleaf, leaf lettuce

## M

693 M&M's, peanut (M&M Mars)  
 694 M&M's, plain (M&M Mars)  
 564 Macadamia nuts, dry roasted, salted  
 142 Macaroni pasta, cooked  
 819 Macaroni, beef, frozen, Healthy Choice  
 515 Mackerel, cooked  
 364 Mandarin oranges, light syrup  
 365 Mangos, fresh, without skin & pit  
 770 Maple syrup  
 366 Maraschino Cherries, canned, drained  
 785 Margarine, regular (80% fat)  
 789 Margarine, spread (40%)  
 787 Margarine, spread (60% fat)  
 917 Marinara sauce  
 691 Marshmallows, miniature  
 692 Marshmallows, regular  
 863 Mashed potatoes, fast food  
 052 Matzo cracker, plain  
 553 Mayo type salad dressing, Miracle whip, light  
 550 Mayo type salad dressing, Miracle Whip, regular  
 810 Mayonnaise, fat free  
 809 Mayonnaise, light (cholesterol free)  
 808 Mayonnaise, regular  
 654 Meatballs with pasta sauce, canned  
 650 Meatballs with pasta sauce, frozen  
 728 Melba toast, plain  
 367 Melon, Cantaloupe, wedge without rind  
 368 Melon, Honeydew, wedge without rind  
 831 Mexican rice, side dish, dry mix  
 659 Milk shake, thick, chocolate  
 660 Milk shake, thick, vanilla  
 655 Milk, chocolate, commercial  
 657 Milk, chocolate, commercial, low fat  
 656 Milk, chocolate, reduced fat, commercial  
 651 Milk, condensed, sweetened, canned  
 652 Milk, evaporated, canned, whole milk  
 647 Milk, low fat (1 %)  
 648 Milk, nonfat / skim  
 646 Milk, reduced fat (2%)  
 582 Milk; soy  
 645 Milk, whole (3.25%)  
 653 Milk, evaporated, canned, skim milk  
 695 Milky way (M&M Mars)  
 888 Minestrone soup, condensed, prep. w. water

901 Minestrone soup, ready to serve, low fat, low salt  
 553 Miracle Whip, light  
 550 Miracle Whip, regular  
 580 Miso, soy  
 013 Mixed grain bread  
 703 Mixed nuts with peanuts, dry roasted, salted  
 732 Mixed nuts with peanuts, oil roasted, salted  
 771 Molasses syrup  
 612 Monterey cheese  
 829 Mozzarella cheese sticks  
 613 Mozzarella cheese; whole milk  
 614 Muenster cheese  
 042 Muffin, English, plain  
 053 Muffins, blueberry, commercial  
 054 Muffins, blueberry, mix  
 055 Muffins, bran with raisins  
 057 Muffins, corn mix  
 056 Muffins, corn, commercial  
 058 Muffins: oatbran, commercial  
 923 Mushroom gravy, canned  
 244 Mushrooms, canned, drained  
 243 Mushrooms, cooked, drained  
 242 Mushrooms, fresh  
 245 Mushrooms, Shiitake, cooked  
 244 Mushrooms, canned, drained  
 516 Mussels, steamed  
 247 Mustard greens, cooked, drained  
 942 Mustard, prepared, yellow

## N

914 Nacho cheese sauce, ready to serve  
 764 Nachos with cheese, fast food  
 127 Nature Valley, Granola, cereal  
 544 Navy peas, dry, cooked  
 369 Nectarines, fresh  
 615 Neufchatel cheese  
 143 Noodles, chow mein, canned  
 144 Noodles, egg: regular, cooked  
 145 Noodles, egg, spinach, cooked  
 146 Noodles, Japanese, soba, cooked  
 150 Noodles, rice, cooked  
 943 Nutella hazelnut spread  
 033 Nutrigrain cereal bar, fruit  
 539 Nuts, almonds, shelled  
 552 Nuts, Brazil, Shelled  
 554 Nuts, cashews, salted, dry roasted  
 555 Nuts, cashews, salted, oil roasted  
 564 Nuts, macadamia, dry roasted, salted  
 703 Nuts, mixed, with peanuts, oil roasted, salted  
 732 Nuts, mixed, with peanuts, oil roasted, salted  
 574 Nuts, Pecan, halves  
 576 Nuts, pistachio, dry roasted, salt, shelled  
 583 Nuts, soy, dry roasted  
 588 Nuts, walnuts, chopped

## O

059 Oat bran, uncooked  
 058 Oatbran muffin, commercial  
 014 Oatmeal bread  
 716 Oatmeal cookie, fat free  
 714 Oatmeal cookie, regular, large  
 715 Oatmeal cookie, soft type  
 095 Oatmeal, apples & cinnamon, instant  
 096 Oatmeal, maple & brown sugar, instant  
 094 Oatmeal, plain; instant, fortified

097 Oatmeal, plain, regular, quick or instant, non fortified  
 517 Ocean perch, cooked  
 791 Oil, Canola  
 791 Oil, corn  
 791 Oil, olive  
 791 Oil, Peanut  
 791 Oil, safflower  
 791 Oil, sesame  
 791 Oil, soybean  
 791 Oil, sunflower  
 249 Okra, frozen, cooked, drained  
 248 Okra, raw, cooked, drained  
 791 Olive oil  
 372 Olives, black, canned, ripe  
 371 Olives, green, pickled  
 596 Omelet, egg, plain  
 864 Onion rings, breaded, fried, fast food  
 907 Onion soup, dry mix, prep. w. water  
 904 Onion soup, dry mix, unprepared  
 252 Onion, dehydrated flakes  
 250 Onion, fresh  
 251 Onion, fresh, cooked, drained  
 253 Onion, Spring, fresh  
 985 Orange juice, all varieties, fresh  
 986 Orange juice, canned, unsweetened  
 989 Orange juice, diluted  
 988 Orange juice, undiluted  
 967 Orange soda  
 370 Orange, fresh, without peel & seeds  
 519 Oyster, breaded, fried  
 518 Oyster, raw meat only

## P

840 Pancakes, butter & syrup, fast food  
 061 Pancakes, complete mix  
 060 Pancakes, frozen, ready  
 062 Pancakes, mix, 2% milk, egg & oil  
 373 Papayas, fresh  
 616 Parmesan cheese  
 254 Parsley, fresh  
 255 Parsnips, cooked. Drained  
 917 Pasta sauce  
 147 Pasta, fresh-refrigerated, plain, cooked  
 142 Pasta, macaroni, cooked  
 142 Pasta, spaghetti, cooked  
 149 Pasta, spaghetti, whole wheat, cooked  
 489 Pastrami, beef, cured  
 047 Pastry flour  
 678 Pastry, Danish, cream cheese  
 679 Pastry, Danish, fruit  
 766 Pastry, puff, frozen, ready-to bake, baked  
 889 Pea soup, condensed, prep. w. water  
 544 Pea, navy, dry, cooked  
 375 Peaches, canned, heavy syrup  
 376 Peaches, canned, juice pack  
 377 Peaches, dried  
 374 Peaches, fresh  
 717 Peanut butter cookie, commercial  
 718 Peanut butter cookie, recipe with margarine  
 696 Peanut butter cup, Reese's  
 572 Peanut butter, reduced fat, smooth  
 571 Peanut butter, regular; chunk  
 570 Peanut butter, regular, smooth  
 791 Peanut oil

706 Peanuts, chocolate coated  
 565 Peanuts, dry roasted  
 567 Peanuts, dry roasted, salted  
 568 Peanuts, dry roasted, unsalted  
 566 Peanuts, oil roasted  
 569 Peanuts, oil roasted, salted  
 336 Pears, Asian, fresh  
 379 Pears, canned, heavy syrup  
 380 Pears, canned; juice pack  
 378 Pears, fresh  
 548 Peas, Black eye, canned, drained  
 547 Peas, Black eye, dry, cooked  
 168 Peas, Black eye, frozen, cooked, drained  
 167 Peas, Black eye, raw, cooked, drained  
 258 Peas, green, canned, drained  
 259 Peas, green, frozen, cooked, drained  
 541 Peas; split, dry, cooked  
 256 Peas, sugar snap, fresh, cooked, drained  
 257 Peas; sugar snap, frozen, cooked, drained  
 071 Pecan pie  
 574 Pecans, halves  
 266 Pepper, bell, green or red, cooked, drained  
 264 Pepper, bell, green or red, fresh  
 261 Pepper, Chili, fresh, green or red  
 866 Pepperoni pizza, fast food  
 786 Pepperoni pizza, frozen, cooked  
 490 Pepperoni, pork, beef  
 260 Peppers, banana, fresh  
 263 Peppers, Jalapenos, canned  
 269 Pickles, cucumber, dill  
 270 Pickles, relish, sweet  
 064 Pie crust, baked, frozen  
 063 Pie crust, baked, recipe  
 065 Pie crust, graham cracker  
 972 Pie filling, blueberry, canned  
 346 Pie filling, Cherry, canned  
 066 Pie, apple  
 087 Pie, banana cream, prep. from recipe  
 067 Pie, blueberry  
 669 Pie, Boston Cream  
 068 Pie, cherry  
 069 Pie, chocolate creme  
 070 Pie, lemon meringue  
 781 Pie, peach  
 071 Pie, pecan  
 072 Pie, pumpkin  
 268 Pimento, canned  
 575 Pine nuts, shelled  
 386 Pineapple juice, unsweetened, canned  
 382 Pineapple, canned, chunks/ crushed, heavy syrup  
 383 Pineapple, canned, slices, heavy syrup  
 385 Pineapple, canned, slices, juice pack  
 384 Pineapple, canned, slices/chunks/crushed,  
 381 Pineapple, fresh, diced  
 993 Pink lemonade, concentrate, frozen, prepared  
 994 Pink lemonade, powder, prepared regular with water  
 089 Pinto beans, canned  
 545 Pinto beans, dry cooked  
 576 Pistachio nuts, dry roasted, salt, shelled  
 015 Pita bread  
 865 Pizza, cheese; fast food  
 788 Pizza, meat and vegetable, frozen, cooked  
 866 Pizza, pepperoni, fast food  
 786 Pizza, pepperoni, frozen, cooked

387	Plantain, without peel, fresh	736	Pudding, chocolate, dry mix prepared with 2% milk, regular, cooked
966	Plantains, cooked	735	Pudding, chocolate, dry mix prepared with 2% milk, instant
388	Plums, fresh	743	Pudding, chocolate, ready to eat, fat free
479	Polish sausage	739	Pudding, chocolate, ready to eat, regular
520	Pollock, baked or broiled	740	Pudding, rice, ready to eat, regular
790	Pomegranate, fresh	741	Pudding, tapioca, ready to eat, regular
792	Pop tarts, frosted	744	Pudding, tapioca, ready to eat, fat free
793	Pop tarts, fruit	738	Pudding, vanilla, dry mix prepared with 2% milk, regular, cooked
748	Popcorn, air popped, unsalted	737	Pudding, vanilla, dry mix prepared with 2% milk, instant
750	Popcorn, caramel, peanuts	742	Pudding, vanilla, ready to eat, regular
751	Popcorn, cheese flavor	745	Pudding, vanilla, ready to eat, fat free
749	Popcorn, oil popped, salted	766	Puff pastry; frozen, ready-to-bake, baked
832	Pork and beans with tomato sauce, canned	131	Puffed rice cereal
521	Pork chop, cooked, roasted	132	Puffed wheat cereal
794	Pork steak, cooked, grilled	016	Pumpnickel bread
471	Pork tenderloin, grilled, lean	072	Pumpkin pie
461	Pork, bacon, Canadian, cured, cooked	577	Pumpkin seeds, roasted, salt
460	Pork, bacon, cured, cooked	289	Pumpkin, canned
466	Pork, rib roast; lean & fat	288	Pumpkin, cooked, mashed
467	Pork, ribs, backribs, lean & fat, cooked,	991	Punch drink, fruit
468	Pork, ribs, spareribs, lean & fat, cooked, braised		
469	Pork, sausage, cooked, link		
470	Pork, sausage, cooked, patty		
420	Porterhouse steak, grilled, lean		
404	Pot roast, lean		
403	Pot roast, lean & fat		
276	Potato au gratin, dry mix, prep. w. butter		
277	Potato au gratin, home made, prep w. butter		
755	Potato chips, fat free		
754	Potato chips, low fat		
752	Potato chips, plain, salted		
753	Potato chips; sour cream & onion		
218	Potato crisps, plain		
284	Potato pancakes, home made		
285	Potato salad; home made		
795	Potato soup, condensed, canned, prep. w. milk		
271	Potato, baked with skin		
272	Potato, baked, flesh only		
273	Potato, baked, skin only		
086	Potato, baked, with cheese; fast food		
281	Potato, mashed, dehydrated flakes, whole milk, butter, salt		
282	Potato, mashed, home made, whole milk		
283	Potato, mashed, home made, whole milk, margarine		
274	Potato, peeled after boiling		
275	Potato, peeled before boiling		
796	Potato, red, with skin, baked		
286	Potato, scalloped, dry mix, whole milk, butter		
287	Potato, scalloped, home made, butter		
305	Potato, sweet, baked with skin		
306	Potato, sweet, boiled without skin		
307	Potato, sweet, candied		
308	Potato, sweet, canned, syrup pack, drained		
683	Pound cake, butter		
684	Pound cake, fat free		
780	Preserves		
756	Pretzels, stick		
757	Pretzels, twisted		
130	Product 19 cereal		
174	Provolone cheese		
391	Prune juice, canned or bottled		
389	Prunes, dried, pitted, uncooked		
390	Prunes, stewed, unsweetened		

## R

290	Radishes, raw
133	Raisin Bran cereal, General Mills, Total
134	Raisin Bran cereal, Kellogg's
017	Raisin bread
135	Raisin Nut Bran cereal
707	Raisins, chocolate coated
392	Raisins, seedless
905	Ramen noodle soup, chicken flavour, dry mix, unprepared
828	Ranch dressing, fat free
812	Ranch dressing, low fat
811	Ranch dressing, regular
393	Raspberries, fresh
394	Raspberries, frozen, sweetened, thawed
820	Ravioli, tomato & meat sauce, canned
796	Red potato, with skin, baked
696	Reese's peanut butter cup (Hershey)
578	Refried beans, canned
395	Rhubarb, frozen, cooked with sugar
797	Rhubarb, frozen, cooked with sugar
414	Rib roast, beef, oven cooked, lean
413	Rib roast, beef, oven cooked, lean & fat
466	Rib roast, pork, lean & fat
493	Rib, lamb, lean, cooked, roasted
467	Ribs, pork, backribs, lean & fat, cooked
468	Ribs, pork, spareribs, lean & fat, cooked, braised
158	Rice cake, brown rice, plain
136	Rice Krispies cereal
758	Rice Krispies treat / bar, square
740	Rice pudding, ready to eat, regular
151	Rice, brown, long grain, cooked
156	Rice, instant, cooked
155	Rice, instant, raw
150	Rice, noodles, cooked
153	Rice, white long grain, cooked
154	Rice, white long grain, instant
152	Rice, white long grain, raw

157 Rice, wild, cooked  
 619 Ricotta cheese, part skim milk  
 618 Ricotta cheese, whole milk  
 414 Roast, rib, beef, oven cooked, lean  
 413 Roast, rib, beef, oven cooked, lean & fat  
 466 Roast, rib; pork, lean & fat  
 221 Roll, crescent / croissant  
 098 Roll, French  
 093 Roll, whole wheat  
 073 Rolls, dinner  
 074 Rolls; hamburger, hotdog  
 241 Romaine lettuce, shredded  
 240 Romaine lettuce, inner leaf  
 620 Romano cheese  
 968 Root beer soda  
 445 Rotisserie chicken, light meat, meat only, roasted  
 522 Roughly, orange, baked or broiled  
 955 Rum  
 815 Russian dressing, low fat  
 814 Russian dressing, regular  
 291 Rutabagas, cooked, drained  
 018 Rye bread  
 019 Rye bread, light  
 729 Rye wafer, whole grain, plain  
**S**  
 791 Safflower oil  
 294 Salad dressing, Italian, fat free  
 553 Salad dressing, mayo type, Miracle Whip, light  
 550 Salad dressing, mayo type, Miracle Whip,  
 828 Salad dressing, ranch, fat free, regular  
 798 Salad dressing, Thousand Island, fat free  
 867 Salad, chicken, no dressing, fast food  
 491 Salami, beef & pork, cooked  
 492 Salami, beef & pork, dry  
 833 Salisbury steak entree, frozen  
 523 Salmon, baked or broiled  
 524 Salmon, canned (pink), solids & liquid (incl bones)  
 525 Salmon; smoked  
 915 Salsa  
 730 Saltine cracker, square  
 825 Sandwich, hot pockets, ham cheese stuffed, frozen  
 928 Sandwich, sub, cold cuts  
 871 Sandwich, sub, oil & vinegar, cheese, salami, ham,  
 vegetable, fast food  
 873 Sandwich, sub, tuna salad, mayo; lettuce, fast food  
 872 Sandwich, sub, roast beef, mayo, vegetable, fast food  
 526 Sardine, Atlantic, canned in oil, drained solids  
 (incl bones)  
 911 Sauce, barbecue  
 912 Sauce, cheese, ready to serve  
 913 Sauce, enchilada, ready to serve  
 917 Sauce, marinara  
 914 Sauce, nacho cheese, ready to serve  
 317 Sauce, pasta  
 916 Sauce, soy  
 917 Sauce, spaghetti  
 918 Sauce, sweet'n sour  
 919 Sauce, teriyaki  
 920 Sauce, Worcestershire  
 292 Sauerkraut, canned  
 479 Sausage, Polish & Kielbasa  
 469 Sausage, pork, cooked, link

470 Sausage, pork, cooked, patty  
 495 Sausage, Vienna  
 527 Scallop, cooked, breaded, fried  
 528 Scallop, steamed  
 498 Sea Bass, cooked, dry heat  
 049 Self rising flour  
 791 Sesame oil  
 579 Sesame seeds  
 868 Shake, chocolate, fast food  
 869 Shake, vanilla, fast food  
 295 Shallots, fresh  
 644 Sherbert ice cream  
 245 Shitake mushrooms, cooked  
 246 Shitake mushrooms, dried  
 720 Shortbread cookie, commercial, plain  
 927 Shortening, all purpose  
 137 Shredded Wheat cereal  
 529 Shrimp, breaded, fried  
 870 Shrimp, breaded; fried, fast food  
 530 Shrimp, canned, drained solids  
 416 Sirloin steak, beef, grilled, lean  
 415 Sirloin steak, beef; grilled, lean & fat  
 415 Sirloin tip steak, beef, grilled, lean  
 525 Smoked salmon  
 685 Snack cake, chocolate, creme filled, frosting  
 686 Snack cake, chocolate, frosting, low fat  
 697 Snickers bar  
 510 Sole, baked or broiled  
 051 Soup, Asparagus, condensed, canned prep. with milk  
 883 Soup, beef noodle, condensed, prep. w. water  
 876 Soup, Cheddar cheese, condensed, prep. with whole  
 milk  
 884 Soup, chicken noodle, condensed, prep. with water  
 906 Soup, chicken noodle; dry mix, prep. w. water  
 893 Soup, chicken noodle, ready to serve, chunky  
 897 Soup, chicken noodle, ready to serve, low fat, low salt  
 894 Soup, chicken vegetable, ready to serve, chunky  
 898 Soup, chicken; rice, vegetable, ready to serve, low fat,  
 low salt  
 885 Soup, Clam chowder, Manhattan, condensed, prep. with  
 water  
 877 Soup, Clam chowder, New England, condensed, prep.  
 with whole milk  
 878 Soup, cream of Celery, condensed, prep. with whole  
 milk  
 879 Soup, cream of chicken soup, condensed, prep.  
 with whole milk  
 886 Soup, cream of chicken, condensed, prep. with  
 water  
 887 Soup, cream of mushroom, condensed, prep. with  
 water  
 795 Soup, cream of potato, condensed, canned, prep.  
 with milk  
 900 Soup, lentil, ready to serve, low fat, low salt  
 888 Soup, Minestrone, prep. w. water  
 901 Soup, Minestrone, ready to serve, low fat, low salt  
 904 Soup, onion, dry mix, unprepared  
 889 Soup, pea, condensed, prep. w. water  
 905 Soup, ramen noodle, chicken flavor, dry mix,  
 unprepared  
 890 Soup, tomato, condensed, prep. w. water  
 881 Soup, tomato, condensed, prep. w. whole milk  
 891 Soup, vegetable soup, condensed, prep. with water



892	Soup, vegetable vegetarian soup, condensed, prep. with water	854	Sundae, hot fudge, fast food
895	Soup, vegetable, beef, ready to serve, chunky	312	Sundried tomatoes, plain
902	Soup, vegetable, ready to serve, low fat, low salt	791	Sunflower oil
631	Sour cream, fat free	586	Sunflower seeds, dry roasted, salt
630	Sour cream, low fat	965	Sweet & sour chicken, canned
629	Sour cream, regular	918	Sweet'n sour sauce
010	Sour dough bread	305	Sweet potato, baked with skin
582	Soy milk	306	Sweet potato, boiled without skin
583	Soy nuts, dry roasted	307	Sweet potato; candied
916	Soy sauce	308	Sweet potato, canned, syrup pack, drained
580	Soy, Miso	075	Sweet rolls, cinnamon with raisins, commercial
791	Soybean oil	076	Sweet rolls, cinnamon, refrigerated dough, baked with frosting
581	Soybeans, dry, cooked	209	Swiss Chard, fresh
296	Soybeans, green, cooked, drained	621	Swiss cheese
834	Spaghetti bolognese, frozen, Healthy Choice	624	Swiss cheese, pasteurized process
142	Spaghetti pasta, cooked	531	Swordfish, baked or broiled
149	Spaghetti pasta, whole wheat, cooked	768	Syrup, chocolate flavoured, fudge type
917	Spaghetti sauce	767	Syrup, chocolate flavored, thin
138	Special K cereal	769	Syrup, corn, light
835	Spinach soufflé, home-prepared	770	Syrup, Maple
300	Spinach, canned, drained	771	Syrup, molasses
297	Spinach, fresh		
298	Spinach, fresh, cooked, drained	<b>T</b>	
299	Spinach, frozen, cooked, drained	077	Taco shell, baked
541	Split peas, dry, cooked	874	Taco, beef
253	Spring onion, fresh	587	Tahini
303	Squash, baked	399	Tangerines mandarins, fresh, without peels & seeds
731	Standard cracker, round or bite sized	744	Tapioca pudding, ready to eat, fat free
343	Starfruit / Carambola, fresh	741	Tapioca pudding, ready to eat, regular
420	Steak, beef, porterhouse, grilled, lean	078	Tapioca, pearl, dry
415	Steak, beef, sirloin tip, grilled, lean	418	T-bone steak, beef, grilled, lean
416	Steak, beef, sirloin, grilled, lean	995	Tea, black
415	Steak, beef, sirloin, grilled, lean & fat	996	Tea, chamomile
418	Steak, beef, T-bone, grilled, lean	996	Tea, herb
419	Steak, beef, tenderloin, grilled, lean	997	Tea, instant, powder, prepared, unsweetened
407	Steak, Eye of round, lean	998	Tea, lemon flavor, sweetened
406	Steak, Eye of round; lean & fat	999	Tea, lemon flavor, sweetened with sweetener
794	Steak, pork, cooked, grilled	419	Tenderloin steak, beef, grilled, lean
908	Stock, beef, home prepared	471	Tenderloin, pork, grilled, lean
909	Stock, chicken, home prepared	955	Tequila
910	Stock, fish, home prepared	919	Teriyaki sauce
396	Strawberries, fresh, large	798	Thousand island dressing, fat free
397	Strawberries, fresh, medium	817	Thousand Island dressing, low fat
398	Strawberries, frozen, sweetened, thawed	816	Thousand Island dressing, regular
293	Strawberry ice cream	044	Toast, French, frozen
946	String cheese	043	Toast, French, recipe, 2% milk, fried
028	Stuffing, bread, dry mix	139	Toasted Oatmeal, Quaker, Honey Nut
928	Sub sandwich, cold cuts	079	Toaster pastries, fruit
871	Sub sandwich, oil & vinegar, cheese, salami, ham, vegetable, fast food	080	Toaster pastries, low fat
872	Sub sandwich, roast beef, mayo, vegetable, fast food	792	Toaster pastry, pop tarts, frosted
873	Sub sandwich, tuna salad, mayo, lettuce, fast food	793	Toaster pastry, pop tarts, fruit
721	Sugar cookie, commercial	044	Toaster sticks, French, frozen
722	Sugar cookie, dough, refrigerated	584	Tofu, firm
723	Sugar cookie, recipe, margarine	585	Tofu, soft
256	Sugar snap peas, fresh, cooked, drained	313	Tomato juice, canned, salt
257	Sugar snap peas; frozen, cooked, drained	890	Tomato soup, condensed, prep. w. water
763	Sugar, brown	881	Tomato soup, condensed, prep. w. whole milk
765	Sugar, white, granulated	311	Tomato, canned
765	Sugar, white, powdered	310	Tomato, cherry
494	Summer sausage, cervelat, beef & pork	309	Tomato, fresh
		314	Tomato, paste, canned
		315	Tomato, sauce, canned

316 Tomato, stewed, canned  
 312 Tomato, sundried, plain  
 836 Tortellini, pasta with cheese filling, frozen  
 760 Tortilla chips; baked  
 762 Tortilla chips, nacho, low fat  
 761 Tortilla chips, nacho, regular  
 759 Tortilla chips, plain, regular  
 081 Tortilla wrap, corn  
 082 Tortilla wrap, flour  
 114 Total, cereal, cornflakes, General Mills  
 140 Total, Whole grain cereal  
 532 Trout, baked or broiled  
 534 Tuna canned, drained solids, oil pack, chunk light  
 535 Tuna canned, drained solids, water pack, chunk light  
 536 Tuna canned, drained solids, water pack, solid white  
 537 Tuna salad, light tuna in oil, pickle relish, mayo type salad dressing  
 533 Tuna, baked or broiled  
 924 Turkey gravy, canned  
 452 Turkey, breast, meat & skin, roasted  
 453 Turkey, dark meat, meat & skin, roasted  
 454 Turkey, giblets, simmered  
 455 Turkey, ground, cooked  
 456 Turkey, light & dark meat, diced, seasoned  
 457 Turkey, light meat, meat & skin, roasted  
 458 Turkey, light meat, meat only, roasted  
 459 Turkey, patties, breaded or battered, fried  
 496 Turkey, white, deli cut  
 318 Turnip greens, fresh, cooked; drained  
 319 Turnip greens, frozen, cooked, drained  
 317 Turnips, cooked, cubed

**V**  
 948 Vanilla extract  
 773 Vanilla frosting, ready to eat  
 641 Vanilla ice cream  
 642 Vanilla ice cream, low fat  
 643 Vanilla ice cream, soft serve  
 853 Vanilla ice cream, soft serve, cone, fast food  
 737 Vanilla pudding, dry mix prepared w. 2% milk, instant  
 738 Vanilla pudding, dry mix prepared w. 2% milk, regular, cooked  
 745 Vanilla pudding, ready to eat, fat free  
 742 Vanilla pudding, ready to eat, regular  
 869 Vanilla shake, fast food  
 724 Vanilla wafer cookie, low fat  
 472 Veal, cutlet, braised, lean & fat  
 473 Veal, cutlet, breaded; cooked, lean & fat  
 891 Vegetable beef soup, condensed, prep. w. water  
 320 Vegetable juice, cocktail, canned  
 902 Vegetable soup, ready to serve, low fat, low salt  
 892 Vegetable vegetarian soup, condensed, prep. with water  
 895 Vegetable, beef soup, ready to serve, chunky  
 321 Vegetables, mixed, canned, drained  
 322 Vegetables, mixed, frozen, cooked, drained  
 830 Vegetarian burger patty, frozen, Morningstar farms  
 474 Venison, loin, cooked, broiled, lean  
 475 Venison, top round, cooked, broiled, lean  
 010 Vienna bread  
 495 Vienna sausage  
 949 Vinegar, cider  
 950 Vinegar, distilled  
 955 Vodka

**W**  
 724 Wafer, vanilla, cookie, low fat  
 084 Waffles, plain, frozen, toasted  
 085 Waffles, plain, low fat  
 083 Waffles, plain, recipe  
 538 Walleye, Pike  
 588 Walnuts, chopped  
 323 Waterchestnuts, canned  
 400 Watermelon, fresh, wedge  
 008 Wheat bread  
 021 Wheat bread, light  
 050 Wheat flour, all purpose  
 267 Wheat flour, whole grain  
 733 Wheat thins crackers  
 141 Wheaties cereal  
 636 Whipped topping, cream product, frozen  
 627 Whipping cream, unwhipped  
 628 Whipping cream, unwhipped, low fat  
 955 Whisky (80 proof)  
 551 White beans, canned  
 022 White bread  
 024 White bread, light  
 023 White bread, soft crumbs  
 765 White sugar, granulated  
 765 White sugar, powdered  
 025 Whole wheat bread  
 734 Whole wheat crackers  
 157 Wild rice, cooked  
 957 Wine, red  
 958 Wine, rose/blush  
 959 Wine, white  
 920 Worcestershire sauce

**Y**  
 324 Yam, cooked, broiled, drained, or baked  
 951 Yeast, dry, active  
 661 Yogurt & juice blend  
 662 Yogurt, fruit flavored, low fat  
 664 Yogurt, fruit flavored, non fat  
 663 Yogurt, plain; low fat  
 665 Yogurt, plain, nonfat  
 666 Yogurt, plain, regular  
 637 Yogurt, soft serve, chocolate  
 638 Yogurt, soft serve, vanilla  
 667 Yogurt, vanilla or lemon, low fat

**Z**  
 302 Zucchini; cooked; drained  
 301 Zucchini, fresh

## USE OF DATA

The scale contains data derived directly from a US Department of Agriculture Data Base. While the scale is very sensitive and highly accurate, the nutritional content of foods can be variable. The data given is presumed to be accurate for the sample the Government tested, but there can be significant variability in samples of the same types of food. For example, chocolate cake may be quite different because recipes vary from family to family and bakery to bakery. Similarly, the sugar content of fruits can vary considerably. On the other hand, certain quality-controlled foods, such as milk, won't vary much in nutritional content, and others, such as butter, are naturally uniform.

For these reasons, the nutritional values displayed by the scale should be considered as a very useful guide to good nutrition, but not as an absolute measure. In most cases, the accuracy will be sufficient to support your dietary requirements. However, we cannot assume any liability related to the accuracy and completeness of the information provided, nor to the way in which the information is used by the consumer. Before beginning any diet management program, users should consult with their physician or a registered dietitian.

## Glossary - Nutritional Terms

**Calorie** - A calorie (Kcal) is a basic unit used to measure the energy contained in food. Most foods have calories in a food, the more energy it supplies. (1 calorie/Kcal = 4.184 kilojoules/KJ)

**Salt** - Salt contains sodium, a naturally occurring mineral needed by the body to maintain life. Sodium occurs in many forms such as sodium chloride (table salt), sodium bicarbonate (baking soda) and monosodium glutamate (MSG). Sodium is especially important in the diet because of its effect in conserving water. Certain foods are naturally higher in sodium, such as celery, buttermilk, and some cheeses. Others, like canned or processed foods, have higher levels due to the salt added in processing. High intakes of dietary salt may contribute to high blood pressure or to your body retaining too much water.

**Protein** - Protein contains complex chains of amino acids necessary for conducting a variety of body functions, such as building tissues, making important body chemicals (e.g. enzymes and hormones) and maintaining growth and repair processes. While many plant-based foods contain some protein, including beans, peas, vegetables, nuts and seeds, these foods do not contain all the essential amino acids. Other protein sources from animals such as meat, fish, poultry, eggs, and dairy products (milk, cheese and yogurt) are considered higher in protein content since they contain all essential amino acids. Each gram of protein provides four calories of energy.

**Fat** - Fats occur naturally in foods and play an important role in nutrition. Fats, oils and some foods like nuts (e.g., peanuts, walnuts and almonds) are a concentrated source of energy for the body. Fats store energy in the body, protect tissues and transport fat-soluble vitamins in the blood. Fat is found in meats, fish, and meat substitutes, breads, starches and some dairy products. Fat supplies nine calories per gram, twice as many as protein or carbohydrate.

**Carbohydrate** - Carbohydrates are the body's primary source of readily available energy. The main forms of carbohydrate are sugars and starches. Sources of simple carbohydrates include table sugar, candy and refined flour products. Complex carbohydrates include starches like oatmeal, high fiber cereals and whole wheat flour products. Together simple and complex sugars are broken down in the body into glucose. Glucose is the preferred type of energy used by vital organs and, especially, the brain. Each gram of carbohydrate provides four calories of energy.

**Cholesterol** - Cholesterol is a wax-like substance that is not soluble in water. There are two different types of cholesterol: a blood (serum) form and a dietary (food) form. It is important to know that cholesterol is not only consumed in the diet, but also produced in the body. Studies show that lowering the amount of low cholesterol food in your diet is not nearly as effective in lowering blood cholesterol as eating less saturated fat, because some foods which are "cholesterol free" can still be high in fat.

Dietary cholesterol is found in foods of animal origin such as egg yolks, organ meats and higher fat dairy products. Blood cholesterol occurs naturally and is necessary for the body to produce steroid hormones like estrogen and testosterone. Cholesterol maintains the outer structure of cells and is also required to produce substances called bile acids that aid in the break down fats.

Eating foods high in dietary cholesterol and saturated fat may increase the level of blood cholesterol. A high level of cholesterol in the blood has been shown in studies to be a major risk factor for heart disease. Plant-based foods such as fruits, vegetables, grains, legumes (beans, peas and lentils) do not contain cholesterol.

**Fibre** - Fibre is a form of carbohydrate that is not digestible in the body. While carbohydrates have a big impact on blood sugar, fibre does not. Fibre gives a feeling of fullness and causes a person to feel less hungry. Foods such as beans, fruits and vegetables (especially their skins) and whole grains are an excellent source of dietary fibre and also contain many nutrients. If you eat more fibre it is important to drink more water to avoid bloating. Fibre contributes about 1.5 to 2.5 calories per gram.

## Battery Warning

### **BATTERY WARNING:**

#### **INTERNAL BURNS / CHOKING HAZARD**

Swallowing batteries may lead to serious injury or death (severe burns can occur within 2 hours).

#### **IMMEDIATELY SEE A DOCTOR**

#### **Emergency Telephone Numbers**

AUSTRALIA 000      NEW ZEALAND 111

#### **Poisons Information Centre**

AUSTRALIA 13 1126      NEW ZEALAND 0800 764 766

#### **KEEP BATTERIES OUT OF REACH OF CHILDREN**

*Dispose of batteries immediately and responsibly*

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- Only batteries of the same or equivalent type are to be used.
- Batteries are to be inserted with the correct polarity.
- Remove exhausted batteries from the product.
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- Never throw batteries in a fire or attempt to open up their outer casing.

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